Kaval Gandush in oral health: A Review on Kaval Gandush

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ABSTRACT
The Ayurvedic text Charaka Samhita mentions Kavala gandusha – Kavala refers to that which is related to the oral cavity and gandusha is a gargle. In day to day life oral cavity is part of body which significantly exposed to external enviromental pollution, cold drinks, fast food, tobacco- khara chewing, smoking, alcohol intake. To avoid oral health damage, Ayurveda gives specialized therapy kaval and gandush to maintain good oral hygiene. It taking sufficient amount of medicated fluid inside mouth such that the mouth cannot be moved is called Gandush. When a lesser amount of fluid is taken in the mouth such that the mouth can be moved easily, it is called Kaval. It strengthens the jawbones. It makes the tone sweet and sharp. It nourishes the face. It enhances interest in food and enriches the sense of taste. It prevents dryness of throat and cracking of lips. It strengthens the teeth and also maintain oral cavity health.

Key word:- Kaval, Gandush, oral health, oral hygiene, oil pulling

INTRODUCTION
Ayurveda is a holisic system of medicine which evolved in India some 3000-5000 years ago, a system of traditional medicine native to the Indian subcontinent, now practiced in other parts of the world as a form of complementary medicine[1]. In gandush you fill the liquid or oil in the mouth fully so there’s no movement in your mouth and so your mouth is completely distended[2]. You completely stretch the muscles of your cheeks. There are several reasons why you do that. This process is very good for your teeth. It releases a lot of impurities and toxins, literally pulling them out. Toxins and impurities in the mouth may get lost in different parts of the body and create a stress on the immune system. That’s the
reason why oil pulling activates the immune system. Kaval is a process where you take the oil or liquid in your mouth and move it around and gargle it all the way to the back of throat for a specific amount of time\textsuperscript{[3]}. There is a whole branch of Ayurveda for oral health called \textit{shalakyatantra} or sensory health. Anything above the clavicle including the throat, gums, teeth, eyes, nasal passages and sinuses are included. \textit{KAVAL} and \textit{GANDUSH} is done for sensory health. That is, it creates clarity in all five senses. It is good for the nose, the sinuses, the teeth and oral gum health.

**TYPES**

There are 4 tyes of kaval and gandush\textsuperscript{[4]}

1. **Snigdha Gandush**

Snigdha means oily. In snigdhagandush, the oil pulling process lubricates your full mouth with the addition of herbs that are sweet or sour. It is helful in maintain balance \textit{vata}dosh in mouth,hence used in \textit{vata} diseases of oral cavity. Ayurveda offers is the inclusion of bitter, astringent and anti-inflammatory herbs .which can also be combined to make it even more effective in maintaing oral health.

2. **Shamana Gandush**

\textit{ShamanaGandush} is more of a palliative approach to oil pulling. It is more for pacifying the doshas. In shamanagandush, herbal decoction having taste of tikta, kashaya, madhura and shit virya which is beneficial on allivated pitta dosha in oral cavity, pain and reduces burning sensation in oral cavity hence used in pittaj diseases.

3. **Shodhan Gandush**

Shodhanagandush is purifying. If there is a lot of coating of ama on tongue and the herbal decoctions having taste katu, amla, lavan and ushnavirya .which is helful in reduces secretion and also on kaphdosha .So it is useful in kaphaj diseases and excessive secrecation of oral cavity.

4. **Ropanagandush**

Ropana means healing or wound healing. So if there is heat or inflammation in the body as in canker sores or ulcerative stomatitis where there are blisters on the inner sides of cheeks, tongue or lips, for wound healing purposes ropanagandush. \textit{Ghee} and honey and warm water is one method of ropanagandush to heal the wounds. gargle with bitter and astringent herbs together. There is also an interesting combination used classically for ropanagandush.

**Physiology**
The main purpose of oil pulling is to balance bodhakkapha. The mouth, home of bodhakkapha, is the abode or junction point of all the sensory faculties. Nose is connected to eyes and to the back of the throat. Every time put something in nose, it drains down to the back of throat eyes are connected to the nose, and the nose connected to the throat, where taste is generated via the tongue. Because the eyes, ears and nose are all exposed to outside stimulation, keeping them moist and lubricated is one of the best ways of preventing infection. Technically the mouth is a junction point. It is the only junction point where all five sensory factors collide with each other and the reason put drops in your nose (nasya) and do oil pulling. This junction point is a high friction point. The reason use oil is that these are sensitive areas that to keep moist and lubricated. Oil reduces the friction and any burnout from those areas so that is why it is a part of everyday routine. Oil also prevents infection. Because the eyes, ears, and nose are all exposed to outside stimulation, keeping them moist and lubricated is one of the best ways of preventing infection.

**Benefits in Gingivitis**

Many of the oils that we use in oil pulling like coconut oil contain an interesting chemical called lauric acid. Lauric acid is a very potent, anti-inflammatory and has an antimicrobial effect. Even sesame oil[8] contains the linoleic acid which is considered antimicrobial, antioxidant, antifungal, antiviral, antibacterial and most importantly anti-inflammatory because the gums of the mouth get inflamed. The regular use of the combination of the sesame and the coconut oil together has a broad-spectrum effect on plaque, gingivitis and gum health. Another important thing that talk about from an Ayurvedic perspective, ability to mindfully digest your food before it is sent to gut. This includes ability to taste the food, digest food, create salivary secretions and chew food so many times. It is this first step that is very important – the mixing of saliva with the food, coating it completely and allowing the salivary secretions to happen. Every time have an inflamed condition in the mouth it blocks the secretions of the salivary glands and that is the first step for weakening digestion. mouth instead of remaining alkaline becomes acidic

**Kaval gundush and Cavities**

It is because you have these chronic infections that you have cavities. That’s why you have an infection. In order to prevent infection and not create more cavities, you should do oil pulling every
day. Oil pulling will not loosen the cavity. It will actually prevent them from occurring. The problem with the cavity is because the cavity is directly connected to the blood, it exposes you to the free blood circulation and many of these infections in your mouth will lead to systemic infections. And so it works as a barrier to separate your mouth not getting connected with these infections\textsuperscript{[9]}

Kaval gandush for Teeth Whitening

Gandush will help whiten teeth when combined with turmeric and other things. Dental tartar is a kind of coating of these remnants of food which creates this yellowish coating over your teeth. Because oil pulling works like soap it has a cleansing

Duration and Procedure

Freshly prepared warm herbal Kwatha (tolerable hot) was measured and given to patient to hold the Kwatha in Mukha Kuhara to its full capacity. Patient was advised to tilt his head slightly upwards and hold liquid in mouth till the Kapola becomes full of Kapha secretion starts in Nasa and Netra. Once these features appeared, the patient was asked to spit out the liquid. Again fresh Kwatha was retained in mouth\textsuperscript{[5]}. Thus three times liquid was held in mouth once a day for seven days. to fill the mouth with that much oil and to spend 5-7 minutes holding the oil, without really doing anything else and with full focus and concentration. That is something which is more of a serious process that spare 1-2 days a week for Kaval which is the swishing of the oil is more like a drive-through version of oil pulling\textsuperscript{[6]}

DISCUSSION

The kaval gandush procedure mentioned above can be used daily practice for good oral health. It also have additional positive effect on general health also. It is one of the important procedure ing in oral disease .it increasing defense mechanism in oral cavity. It have both preventive and curative effect on oral health.

CONCLUSION

Research regarding these method, would benefit the general population through progress in oral and overall health thus preventing oral disease . some principle finding in the past studies show the relevant application of different method and materials in maintainance of oral health.

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